Star Trac E-TBT Total Body Trainer

OWNER'S MANUAL

STAR TRAC®

TABLE OF CONTENTS

Introduction ***4***
About This Manual 4
Safety Instructions ***5***
English 5
Dutch 6
French 6
German 7
Italian 7
Portuguese 8
Spanish 8
Swedish 9
Chinese 9
Japanese 10
Assembly and Setup ***11***
Tools Required 11
Unpacking and Assembly 11
Operating Instructions ***13***
Display Panel Features 13
Hints and Tips for Getting Started 15
Viewing Workout Data During a Program 15
Pause Mode 16
Cooldown Cycle 16
Using the Personal Fan 16
Using SelectFit™ 16
Heart Rate Monitoring 17
Quick Start 17
Preset Programs 18
Training Tools Programs 21
Preventative Maintenance ***24***
Daily Maintenance 24
Weekly Maintenance 24
Monthly Maintenance 24
Manager / Maintenance Mode ***25***
Manager Mode 25
Maintenance Mode 25
Troubleshooting ***27***
Start-Up Service Messages 27
Regulatory Information ***28***
FCC and Other Domestic Regulations 28
Canadian DOC and Other Regulations 28
European Applications 28

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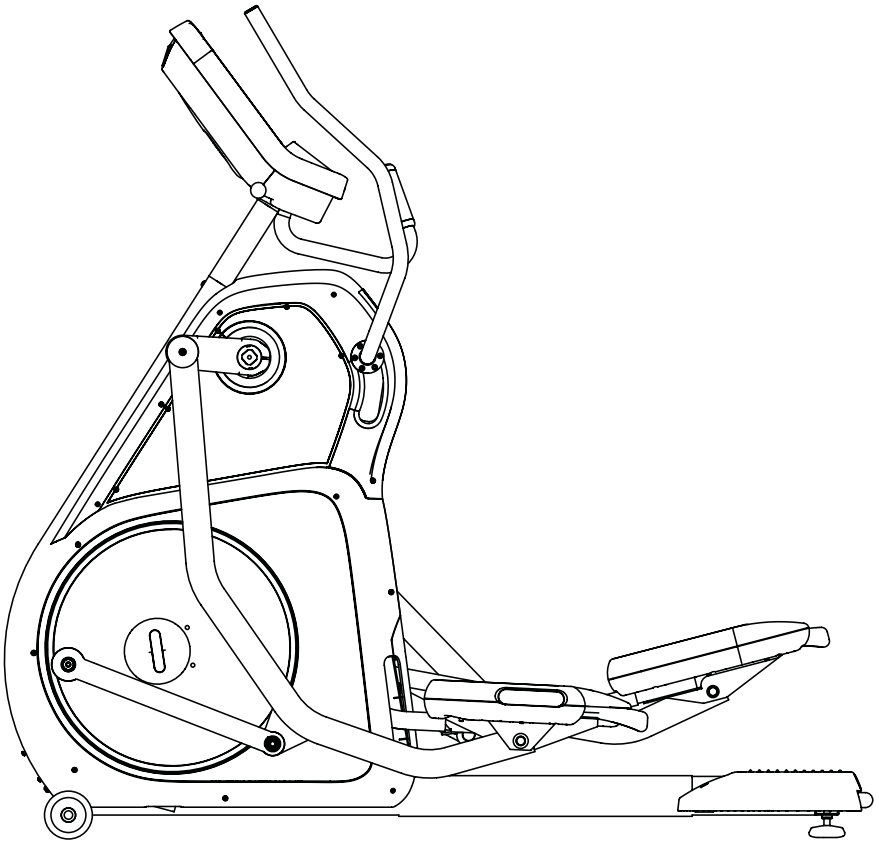


E-TBT Total Body Trainer

INTRODUCTION

Thank you for choosing the ***STAR TRAC E SERIES TOTAL BODY TRAINER***. The Total Body Trainers is designed to provide the user with the most rewarding experience based upon the carefully planned features it possesses. The design elements of this product will provide you with a comfortable, intuitive, safe and reliable experience, guiding you to a habit-forming lifestyle. Star Tracs mission is to provide products to mold lifelong habits for health and fitness, and our Total Body Trainers will provide the path to meet your goals. Enjoy the stride.

ABOUT THIS MANUAL

This manual is applicable to the ***STAR TRAC E-TBT TOTAL BODY TRAINER***. The manual is divided into eight sections, as follows:

Introduction

Provides an overview of each section within the manual.

Safety Instructions

Provides guidelines, in multiple languages, for safely operating the Total Body Trainers.

Assembly and Setup

Provides instructions for unpacking, assembling and setting up the Total Body Trainers.

Operating Instructions

Provides a detailed description of the Display Panel, and includes step-by-step instructions for operating the Total Body Trainers.

Preventative Maintenance

Describes the preventative maintenance measures required to keep the Total Body Trainers in top condition.

Manager / Maintenance Mode

Provides step-by-step instructions for changing universal parameters on the Total Body Trainers, and for performing built-in testing procedures.

Troubleshooting

Describes the start-up and shutdown messages provided.

Regulatory Information

Provides regulatory information for the Total Body Trainers.

SAFETY INSTRUCTIONS

This chapter includes fitness safeguards and precautions for the installation and use of the ***STAR TRAC E SERIES TOTAL BODY TRAINERS***. Please read this chapter carefully before installing or using your equipment.

Safety instructions are provided in the following languages (in the order shown):

- English
- Dutch
- French
- German
- Italian
- Portuguese
- Spanish
- Swedish
- Chinese
- Japanese

PRECAUTIONS

These safety notes are directed to you as the owner of the ***STAR TRAC E SERIES TOTAL BODY TRAINER***. Please train all your users and fitness staff to follow these safety instructions.

Do

- Do encourage each of your users to discuss their health program or fitness regimen with a healthcare professional.
- Do stop operating your Total Body Trainer if you feel dizzy or faint.
- Do perform regular preventative maintenance.
- Do exercise slowly until you reach a level of comfort.
- Do use the Total Body Trainer only for its intended use, as described in this manual.

Do Not

- Do not let unsupervised children operate your Total Body Trainer.
- Do not use without athletic shoes.
- Do not use in rainy weather outdoors, or in an enclosed pool environment.
- Do not drop or insert any object, hands, or feet into any opening, or underneath your Total Body Trainer.
- Do not attempt to remove any shrouds or modify your Total Body Trainer.

WARNING

Your ***STAR TRAC E SERIES TOTAL BODY TRAINER*** is designed for aerobic exercise in a commercial or consumer environment.

Please check with your physician prior to beginning any exercise program.

Do not push yourself to excess. Stop if you are feeling faint, dizzy, or exhausted. Use common sense when striding.

Read the Owner's Manual in its entirety before operating your Total Body Trainer.

Failure to obey this warning can result in injury or death.

VEILIGHEIDSINSTRUCTIES

Deze veiligheidsinstructies zijn aan u gericht als de eigenaar van de Star Trac Total Body Trainer. Train uw leden en fitness-personeel om dezelfde veiligheidsinstructies te volgen.

Doe Dit Wel

- Moedig uw leden aan om hun gezondheids- of fitnessprogramma met een geneeskundige te bespreken.
- Stop met de fiets als u zich duizelig voelt of het gevoel heeft dat u flauwvalt.
- Verricht regelmatig preventief onderhoud.
- Begin langzaam totdat u een comfortabel en veilig niveau heeft bereikt.
- Gebruik het apparaat alleen voor het doel waarvoor het bestemd is en zoals in dit handboek beschreven.

Doe Dit Neit

- Laat kinderen niet zonder toezicht de fiets bedienen.
- Plaats uw voeten niet onder uw fiets.
- Gebruik de fiets niet zonder sportschoenen.
- Niet buiten in regenachtig weer gebruiken of in een omgeving met een overdekt zwembad.
- Laat nooit objecten in het apparaat vallen en steek geen objecten, handen of voeten in welke opening dan ook of onder het apparaat.
- Verwider nooit afschermingen en verander het apparaat niet.

WAARSCHUWING

Uw Star Trac Total Body Trainer is ontworpen voor aerobics in een commerciële of consumentenomgeving.

Vraag advies aan uw arts voordat u met een fitnessprogramma begint.

Vraag niet teveel van uzelf. Stop als u het gevoel heeft dat u flauw gaat vallen, als u duizelig bent of uitgeput. Gebruik uw gezonde verstand bij het steppen. Lees de gebruikshandleiding helemaal door voordat u uw fiets gebruikt.

CONSIGNES DE SÉCURITÉ

Ces consignes de sécurité sont destinées au propriétaire du Vélo d,exercice Star Trac. Veuillez enseigner ces consignes à tous vos membres et employés.

À Faire

- Encouragez vos membres à disuter de leur programme de santé ou d'exercice avec un médecin.
- Arrêtez tout exercice sur le vélo si vous éprouvez un étourdissement ou une défaillance.
- Effectuez régulièrement un entretien préventif.
- Exercez-vous lentement jusqu'à ce que vous vous sentiez à l'aise et en sécurité.
- N'utilisez cet appareil que dans le but pour lequel il est conçu.

À Ne Pas Faire

- Ne laissez pas des enfants utiliser le vélo sans surveillance.
- Ne placez pas vos pieds sous le vélo.
- Ne permettez à personne de s'exercer sans chaussures athlétiques.
- N'utilisez pas l'appareil à l'extérieur par temps pluvieux ou à proximité d'une piscine.
- N'insérez jamais la main, le pied ou un objet dand les ouvertures de l'appareil, ni sous l'appareil.
- Ne mofifiez jamais cet appareil et ne retirez aucun de ses éléments protecteurs.

MISE EN GARDE

Votre Vélo Star Trac est conçu pour l'exercice d'aérobic dans un contexte commercial ou à la maison.

Veuillez consulter votre médecin avant d'entreprendre tout programme d'exercice.

Évitez tout exercice excessif. Arrêtez us viys éprouvez un étourdissement, une défaillance ou de la fatigue. Fiez-vous à votre bon sens. Lisez attentivement la notice d'utilisation dans son intégralité avant d'utiliser votre vélo.

SICHERHEITSVORSCHRIFTEN

Diese Sicherheitshinweise sind an Sie, den Besitzer des Fitness-Bikes von Star Trac gerichtet. Bitte weisen Sie Ihre Mitglieder und Mitarbeiter an, sich an die folgenden Sicherheitsvorschriften zu halten.

Sie Sollten

- Ihren Mitgliedern nahelegen, ihr Gesundheitspro-gramm oder Fitneß-Trainning mit einem Arzt zu besprechen.
- Die Benutzung des Fitneß-Bikes beenden, wenn Benommenheit oder Schwindel aufritt.
- Das Gerät regelmäßig warten.
- Langsam trainieren, bis Sie sicher mit dem Gerät umgehen können.
- Dieses Gerät nur für den vorgesehenen Zweck gemäß der Beschreibung in diesem Handbuch verwenden.

Sie Sollten Niemals

- Kinder das Fitneß-Bike unbeaufsichtigt benutzen lassen.
- Die Füße unter das Fitneß-Bike stellen.
- Die Benutzung des Fitneß-Bikes ohne die passenden Sportschuhe zulassen.
- Das Gerät bei Regenwetter im Freien oder in einem Hallen-bzw, überdachten Schwimmbad verwenden.
- Gegensände in eine Öffnung des Geräts stecken oder darunter fallen lassen oder Hände bzw. Füße unter das Gerät halten.
- Abdeckungen abnehmen oder das Gerät ändern.

WARNUNG

Das Fitness-Bike von Star Trac ist für das Aerobik-Training in einem kommerziellen oder Verbraucherumfeld vorgesehen.

Bitte konsultieren Sie Ihren Arzt, bevor Sie mit einem Trainingsprogramm beginnen.

Überanstrengen Sie sich nicht. Hören Sie auf, wenn Schwindel, Benommenheit oder Erschöpfung eintretrn. Gehen Sie beim Training vernünftig vor. Lesen Sie bitte das Benutzerhandbuch vor Verwendung des Fitneß-Bikes vollständig durch.

INSTRUZIONI DI SICUREZZA

Queste indicazioni sono indirizzate ai proprietari dello Star Trac cyclette. Chiedete a tutti I membri della vostra palestra e al vostro staff di seguire queste istruzioni di sicurezza.

Da Fare

- Incoraggiate i membri della vostra palestra a discutere il loro programma o regime di allenamento con uno specialista medico.
- Fermate lo cyclette se avete dei capogiri o vi sentite svenire.
- Eseguite la manutenzione regolarmente.
- Esercitatevi lentamente fino a quando raggiungete un livello confortevole e sicuro.
- Usate questo attrezzo solo per l'uso inteso, come descritto in questo manuale.

Da Non Fare

- Non permettete a bambini di usare lo cyclette senza sorveglianza.
- Non inserite i piedi sotto lo cyclette.
- Non usate lo cyclette se non calzate scarpe da ginnastica.
- Non usatelo all'aperto quendo piove o vicino ad una piscina coperta.
- Non lasciate cadere oggetti e non inserite mani o piedi nelle aperature o al di sotto di questo attrezzo.
- Non remuovete nessun coperchio o modificate questo attrezzo.

ATTENZIONE

Lo Star Trac Cyclette è stato progettato per l'esercizio aerobico in un ambiente commerciale o domestico.

Consultatevi con il volsro medico di famiglia prima di intraprendere un programma di esercizi.

Siate coscienti dei vostri limiti. Fermatevi se avete dei capogiri, vi sentite svenire o siete esausti. Usate il vostro buon senso quando usate lo cyclette. Leggete tutto il manuale delle istruzioni prima di usare lo cyclette.

INSTRUÇÕES DE SEGURANÇA

Estas observações de segurança destinam-se à você, proprietário da bicicleta Star Trac. Treine todos os membros e funcionários que utilizarão o equipamento para que sigam estas instruções de segurança.

Faça

- Estimule seus usuários para que discutam seus programas de saúde ou de exercícios com um profissional de saúde.
- Pare de usar a bicicleta se você se sentir fraco ou com tontura.
- Faça manutenção preventiva regularmente.
- Faça o exercício lentamente até que você alcance um nível de conforto e segurança.
- Utilize este equipamento única e exclusivamente para o seu devido fim, conforme descrito neste manual.

Não Faça

- Não permita que crianças operem a bicicleta sem supervisão de um adulto.
- Não coloque seus pés embaixo da bicicleta.
- Não utilize a bicicleta sem calçar tênis.
- Não use este equipamento ao ar livre, em dias chuvosos ou em um ambiente de piscina interna.
- Nunca deixe cair ou introduza nenhum objeto, as mãos ou pés em nenhuma abertura do equipamento ou debaixo deste.
- Não remova nenhum protetor ou modifique este equipamento.

ADVERTÊNCIA

A sua bicicleta Star Trac foi projetada para exercício aeróbico em um ambiente comercial ou residencial.

Faça um exame físico com seu médico antes de iniciar qualquer programa de exercícios.

Não abuse. Para se estiver sentindo tontura, fraqueza ou exaustão. Use bom senso quando se exercitar. Leia o manual do proprietário por completo antes de operar a sua bicicleta.

INSTRUCCIONES DE SEGURIDAD

Estas notas de seguridad van dirigidas a Vd. Como proprietario del bicicleta Star Trac. Haga que todos los usuarios y preparadores físicos cumplan estas instrucciones de seguridad.

Qué Hacer

- Anime a sus miembros a que discutan su progama de saud o régimen de ejercicio con un profesional de la salud.
- Detenga el escalón si se nota desfallecido o mareado.
- Realice un mantenimiento preventivo de manera regular.
- Haga ejercicio despacio hasta alcanzar un nivel de comodidad y seguirdad.
- Utilice este producto sólo para los usos indicados, tal como se describe en este manual.

Qué No Hacer

- No permita que los niños utilicen el bicicleta sin supervisión.
- No ponga los pies debajo del bicicleta.
- No permita su uso sin calzado deportivo.
- No lo utilice en el exterior con tiempo lluvioso o en un recinto cerrado con piscina.
- No deje caer ni introduzca ningún objeto, manos o pies en ninguna bertura del aparato o debajo del mismo.
- No quite ninguna cubierta ni modifique este equipo.

ADVERTENCIA

Su bicicleta Star Trac está diseñado para realizar ejercicio aeróbico en un entorno comercial o en forma individual.

Consulte a su médico antes de empezar cualquier programa de ejercicio.

No se exceda. Interrumpa el ejercicio si se nota desfallecido, mareado o agotado. Utilice el sentido común al usar este ararato. Lea el manual del propietario en su totalidad antes de poner en marcha el escalón.

SIKKERHEDSINSTRUKTIONER

Disse sikkerhedsinstrukioner henvendes til ejeren af Star Trac cyckel. Sørg venligst for, at alle medlemmer og alt kondipersonale kender og følger disse sikkerhedsregler.

Råd

- Medlemmer bør opfordres til at tale om deres helseprogram eller kondiregime med en læge.
- Stig af cyklen, hvis du bliver mat i kroppen eller svimmel.
- Foretag forebyggende vedligeholdelse med regelmæssige mellemrum.
- Gør øvelserne langsomt, indtil du når et behageligt og sikkert niveau.
- Udstyret bør udelukkende bruges til det formål, det er beregnet til ifølge denne brugsanvisning.

Advarsler

- Tillad ikke børn uden opsyn at bruge cyklen.
- Sæt ikke fødderne under cyklen.
- Brug ikke cyklen uden kondisko.
- Brug ikke cyklen udendørs i regnvejr eller i et indelukket område med svømmebasin.
- Undgå at tabe eller at stikke genstande, hænder eller fødder ind i en åbning i eller under udstyret.
- Undlad at fjerne afskærmning eller forandre udstyret på nogen måde.

ADVARSEL

Din Star Trac cykel er konstrueret til konditræning i et erhvervseller forbrugermiljø.

Vær venlig at rådføre dig med din læge, før du påbegynder et kondiprogram.

Du må ikke overanstrenge dig alt for meget. Stop hvis du føler dig mat i kroppen, svimmel eller udmattet. Brug sund fornuft, når du cykler. Vær venlig at læse hele brugsanvisningen, før du stiger på cyklen.

注意事项

以下安全注意事项是专门为STAR TRAC E-TBT TOTAL BODY TRAINER
的拥有人而制订的。请务必训练所有设备使用者和健身房工作人员遵守这些安全注意事项。

要：

- 鼓励所有使用者与专业医疗保健人员商讨他们的医疗保健方案或健身进程。
- 使用TOTAL BODY TRAINER 时若感觉到晕眩或虚弱，请立即停止使用。
- 定期维护设备。
- 锻炼要慢慢开始直至达到一个自如的程度。
- 仅将TOTAL BODY TRAINER 用作本使用手册所列的用途。

不要：

- 不要让无人看管的儿童使用您的TOTAL BODY TRAINER。
- 没穿运动鞋时不要使用。
- 下雨时不要在室外使用，也不要在室内游泳池附近使用。
- TOTAL BODY TRAINER 的敞开部位或底下不要掉落或塞进任何附件，包括手或脚。
- 不要尝试拆除任何覆盖物或改装您的TOTAL BODY TRAINER。

警告

STAR TRAC E-TBT TOTAL BODY TRAINER 是专门设计用于商业或消费用途的健身锻炼设备。
开始任何锻炼计划之前， 请先与您的医生进行商讨。
不要过于勉强自己，如果感觉到虚弱，晕眩或疲倦就应停止运动。运用常识正确举步。
使用TOTAL BODY TRAINER 前请先完整阅读使用手册。
如不尊从以上警告有可能会导致受伤或死亡

(JAPANESE SAFETY INSTRUCTIONS HERE)

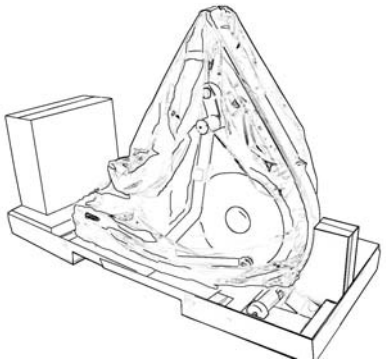
ASSEMBLY AND SETUP

Use the following procedures to unpack and assemble your ***STAR TRAC E SERIES TOTAL BODY TRAINER***.

TOOLS REQUIRED

- Hex (Allen) Key, 3/16-inch
- Hex (Allen) Key, 5 mm
- Screwdriver, Phillips #2

UNPACKING AND ASSEMBLY

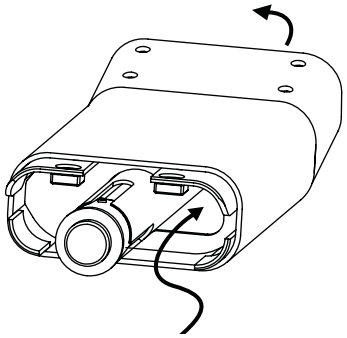


1. Unpack the Shipping Carton

Remove the top and sides of the shipping carton.

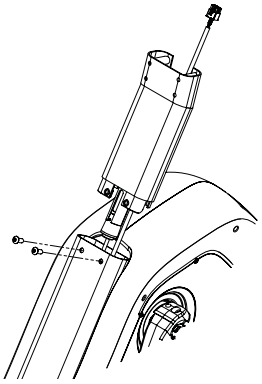
Remove the display box and upper body arms and set aside

Remove the remaining foam packing inserts and the protective bagging from the Total Body Trainer.



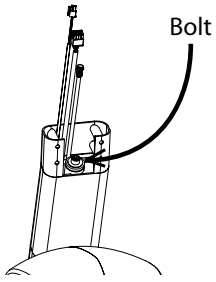
2. Install the Display

Take the 3 cables that are coming out of the lower neck and feed them through the upper neck through the hole provided. Make sure you hold the cables as you insert the upper neck into the lower neck.



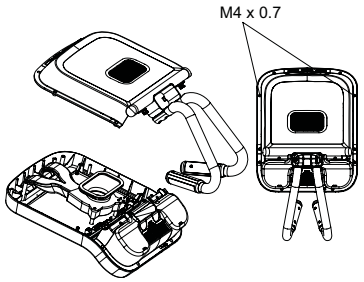
After inserting the neck, make sure the cables are not pinched between the 2 sections of the neck.

Install (2) 5/16-18 x 3/4" Button Head Screws into the front of the neck, use a 3/16 hex key to tighten the screws to 200 lb-in (23 N-m) of torque..

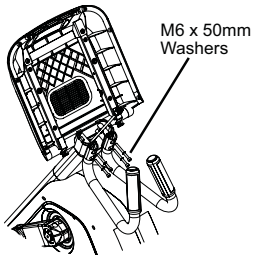


Secure the neck by tightening the 3/8-16 x 2" Socket Head Cap Screw using a 5/16" hex key. Tighten bolt to 300 lb-in (34 N-m).

Remove the (2) M4 x 0.7 screws from the display back (retain for later use) with a #2 Phillips screwdriver and separate the back of the display from the front. .



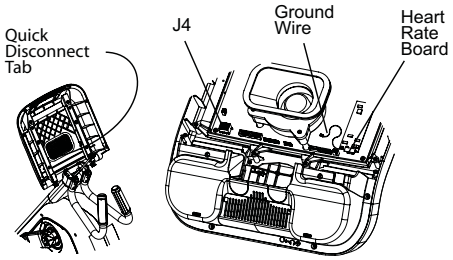
Slide the back of the display with the mounting bracket onto the upper neck of the Total Body Trainer. Line up all four holes and secure with (4) M6 x 50mm Socket Head Cap Screws and (4) M6 Washers. Tighten down with the 5mm hex key. Tighten to 240 lb-in (27 N-m).



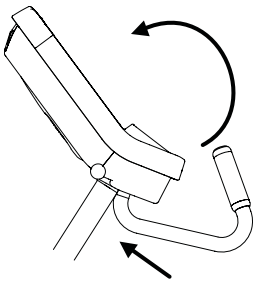
Plug in the 12 pin display cable from the neck into the front display circut board at J4. Next plug in the Heart Rate cable from the handlebars into the HR board, then plug the HR ground into the quick disconnect tab on the diplay frame.

NOTE: If you are installing Entertainment, Refer to the PVS Install guide before this step.

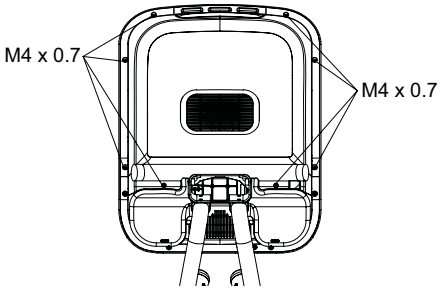
If you are not installing Entertainment, take Coax and DC power and return them down the neck.



Slide the bottom of the front display under the 2 tabs at the base the the mount. Press display against the round bar and rotate it to the back. Be careful not to pinch any wires.

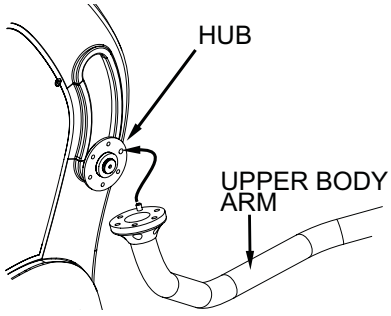


Secure the Front display to the back with (8) M4 x 0.7 x 19mm long Phillips Head Screws. DO NOT overtighten.



3. Install the Upper Body Arms

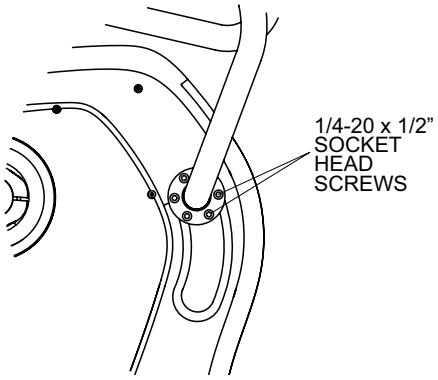
Locate left side upper body arm, move to left side of the Total Bodt Trainer. Locate hub. NOTE: One of the holes on the hub has no threads, this is clocking hole for the pin on the upper body arm.



Using a 3/16” Allen wrench and five 1/4”-20 X 1/2” socket head screws, secure the upper body arm to the hub. Tighten the screws to 240 lb-in(27 N-m) of torque.

Repeat for the right-side upper body arm.

NOTE: Be sure all five upper body arm mounting screws are tightened securely. Check the condition of these screws regularly as described under “Preventative Maintenance.”

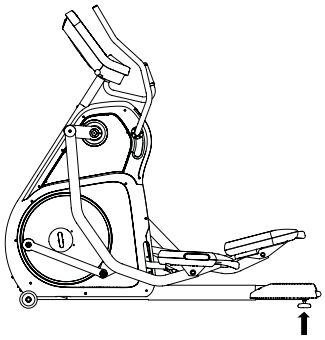


4. Leveling the Unit

Place the Total Body Trainer on the floor in the position in which it will be used. Use the leveling adjusters (located on the underside of the rear feet) to compensate for uneven floor surfaces and to eliminate wobbling.

Operate the unit to check for proper operation.

Make sure that all screws are tight.



OPERATING INSTRUCTIONS

Operating the ***STAR TRAC E SERIES TOTAL BODY TRAINER*** is very easy. Simply access the Total Body Trainer, begin striding, and press QUICK START. Learning the features and incorporating the ***STAR TRAC E SERIES TOTAL BODY TRAINER*** into your members' fitness programs is just as easy. In this chapter, you will learn the display functions and how to get the most out of every ***STAR TRAC E SERIES TOTAL BODY TRAINER*** workout.

IMPORTANT: Before operating the Total Body Trainer, you must be familiar with the following equipment limitations:

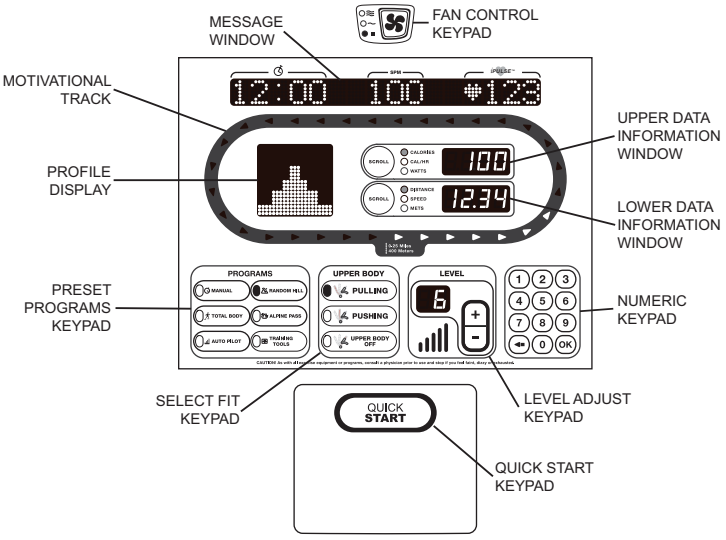
- Maximum Weight: Your ***STAR TRAC E SERIES TOTAL BODY TRAINER*** is designed for a maximum user weight of 350 lbs/159 kg. DO NOT exceed the maximum user weight.

DISPLAY PANEL FEATURES

Your ***STAR TRAC E SERIES TOTAL BODY TRAINER*** is equipped to provide you and your users unlimited exercise opportunities. Experiment with its features to find the right combination for your fitness regimen. The Display panel provides the operating controls and display elements described in the following paragraphs, and is consistent for both the Pro and Elite Total Body Trainers.

QUICK START Key: Enables the Total Body Trainer for manual operation using a default weight as set in Maintenance Mode, a default LEVEL of "1", and a default time limit as set in Maintenance Mode.

NOTE: Default time and weight are adjustable through Manager/Maintenance Mode. See Chapter 7 for details.



Numeric Keypad: Allows you to enter specific values for program parameters during program setup. During a program, these keys may be used to change difficulty level.

OK Key: (part of numeric keypad) Allows you to confirm selections during program setup and operation.

ARROW Key: (part of numeric keypad) Allows you to make corrections to values entered during program setup.

Increase LEVEL Key: Increases the difficulty level, in one-level increments; levels are from **1** (least difficult) to **20** (most difficult). Current level setting is shown in the LEVEL display window.

Decrease LEVEL Key: Decreases the difficulty level from **20** (greatest difficulty) to **1** (least difficulty), in one-level increments. Current level setting is shown in the LEVEL display window.

NOTE: During program setup and while in Maintenance Mode, the **Increase LEVEL** and **Decrease LEVEL** keys increment or decrement the value shown in the Message Window.

Fan Key: Allows you to control the speed of the personal cooling fan, either OFF, HIGH or LOW.

SCROLL Keys: Scrolls the upper and lower data information windows between the three available data displays.

Preset Program Keys: Allow you to access a desired preset workout program.

Upper Data Information Window: Shows current and aggregate data related to your workout. Pressing the associated SCROLL key scrolls between the following displays:

- CALORIES - Shows your aggregate caloric expenditure thus far in your workout.
- CAL/HR - Shows your current caloric expenditure per hour based on your current resistance and SPM.
- WATTS - Shows your current watts expenditure at that specific time during your workout.

NOTE: Press the SCROLL key to toggle between data during your workout.

Lower Data Information Window: Shows current and aggregate data related to your workout. Pressing the associated SCROLL key scrolls between the following displays:

- DISTANCE - Shows the total number of miles or kilometers you have traveled thus far.
- SPEED - Shows the speed at which you are currently striding, in miles-per-hour or kilometers-per-hour.
- METS - Shows your current METS expenditure at that specific time during your workout.

NOTE: Press the SCROLL key to toggle between data during your workout.

Profile Display: Traces your progress through each of the programs and allows you to anticipate changes in resistance. Display elements illuminate from left to right across the bottom of the display to indicate your progress through the course. At each step, display elements illuminate in columns to indicate your ascent up the gradient that is in effect.

Motivational Track: Shows your progress counter-clockwise around 1/4-mile (400-meter) course, starting from the bottom center.

Message Window: Provides informational messages, prompts during program setup, feedback during your workout, notification when your workout is complete, and scrolling summarized workout data after your workout. During your workout, the Message Window shows the following data:

- TIME - Shows the duration of your workout thus far in minutes and seconds.
- SPM - Shows the current speed at which you are striding in strides-per-minute.
- HEART RATE - Shows your current heart rate in beats-per-minute (BPM) while wearing a heart rate strap or grasping the heart rate grips. (NOTE: Heart rate straps are not included with the Total Body Trainer).

Depending on the program completed and Total Body Trainer settings as set in Manager/Maintenance Mode, workout data may include:

- Time elapsed
- Calories expended
- Distance traveled - miles or kilometers
- Average speed - mph or kph
- Average calories expended per hour
- Average minutes per mile/kilometer
- Average SPM
- Average watts
- Average METS
- Average heart rate

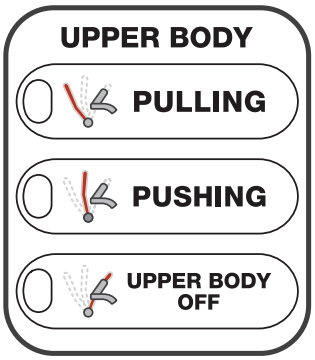
SelectFit™ Panel Features

Your ***STAR TRAC E SERIES TOTAL BODY TRAINER*** is equipped with the SelectFit™ feature that provides a variable upper body workout while striding. The SelectFit™ panel provides the operating controls described in the following paragraphs.

PULLING: Places the upper body arms in the “PULLING” position.

PUSHING: Places the upper body arms in the “PUSHING” position.

UPPER BODY OFF: Places the upper body arms in the disengaged or “NONE” position.



HINTS AND TIPS FOR GETTING STARTED

The following hints and tips will assist in training your users to maximize the fitness benefits of your ***STAR TRAC E SERIES TOTAL BODY TRAINER***.

- **Stride at a rate that feels comfortable and most natural, yet is sufficient to achieve a good cardio workout.**
- **Try different striding rhythms.** In manual operation, vary your striding speed from slow to fast, then back to slow. As you become more comfortable with your Total Body Trainer, try striding faster, varying the resistance LEVEL, or using the preset programs.
- **Watch the Profile Display to anticipate resistance changes.** When you use the preset programs, the display shows changes in terrain as tall or short columns.

VIEWING WORKOUT DATA DURING A PROGRAM

Workout data is shown in three windows on the Total Body Trainer Display Panel: the Message Window (located at the top of the Display Panel) and the Upper and Lower Data Information Windows (located inside the Motivational Track, to the right of the Profile Window).

Information shown in the Message Window during a workout includes elapsed time, strides per minute (SPM’s), and heart rate (HR), when in use. After the workout is complete, workout summary information is shown in the Message Window.

The Message Window also displays important instructions and cues throughout the workout.

The Upper and Lower Data Information Windows also display information during a workout.

To view workout data during your workout:

1. Press the Upper Data Information Window SCROLL key to view the following workout data (the current data display is indicated by an LED next to the parameter name):
   - CALORIES - Shows your aggregate caloric expenditure thus far in your workout.
   - CAL/HR - Shows your current caloric expenditure per hour based on your current resistance and SPM.
   - WATTS - Shows your current watts expenditure at that specific time during your workout.

   NOTE: Press the SCROLL key to toggle between data during your workout.

2. Press the Lower Data Information Window SCROLL key to view the following workout data (the current data display is indicated by an LED next to the parameter name):
   - DISTANCE - Shows the total number of miles or kilometers you have traveled thus far.
   - SPEED - Shows the speed at which you are currently striding, in miles-per-hour or kilometers-per-hour.
   - METS - Shows your current METS expenditure at that specific time during your workout.

PAUSE MODE

If you come to a complete stop during your workout, the Total Body Trainer will enter a "pause" mode, the duration of which is set in Maintenance Mode. To continue your workout, begin striding before the "pause" timer expires and your workout data will not be lost.

COOLDOWN CYCLE

In most programs, once you have completed your workout, the Total Body Trainer enters a two-minute Cooldown cycle.

NOTE: The Total Body Trainer software is programmed to properly decrease striding resistance to provide a cooldown.

To operate the Total Body Trainer during Cooldown:

1. You can adjust the difficulty LEVEL during Cooldown.
   - Use the 0•••9 keys to enter a difficulty LEVEL (from 1 to 20); or press the ▲ or ▼ key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.
   - When the desired difficulty LEVEL has been entered by using the 0•••9 keys, press the OK key to accept the displayed LEVEL or press the OK key.
2. When the Cooldown cycle ends, your workout summary displays in the Information Window. If you wish to exit the Cooldown cycle before it ends automatically, stop striding.

USING THE PERSONAL FAN

The ***STAR TRAC E SERIES TOTAL BODY TRAINER*** is equipped with a built-in personal fan to increase your comfort during a workout. You can control the fan speed during your workout.

To operate the personal fan:

- Press the fan key, as necessary, to cycle the personal fan from OFF to HIGH to LOW to OFF. An LED indicator lights to show the currently selected fan speed.
- The fan remains set at the set speed if you pause your program, unless your workout was less than two minutes in length.
- The fan turns off automatically if you exit your workout, or when you complete your workout program.
- The fan turns off automatically if you pause your program and the time elapsed is less than two minutes.

USING SELECTFIT™

The ***STAR TRAC E SERIES TOTAL BODY TRAINER*** is equipped with the SelectFit™ feature that provides a variable upper body workout while striding. The SelectFit™ feature can be used with any workout program.

NOTE: SelectFit™ is automatically enabled when the TOTAL BODY program is selected. The program varies the position of the upper body arm between the "PULLING" and "PUSHING" positions.

To operate the SelectFit™ feature:

- Press the 1 key to place the upper body arms in the "PULLING" position. Press the 2 key to place the upper body arms in the "PUSHING" position.
- Press the NONE key to place the upper body arms in the disengaged or "NONE" position.
- The upper body arms remain in the set position if you pause your program.
- The SelectFit™ feature returns to the "PULLING" position if you exit your workout, or when you complete your workout program.

HEART RATE MONITORING

Heart rate monitoring allows you to determine if your workout is too challenging or not challenging enough. Monitoring heart rate is easy with the ***STAR TRAC E SERIES TOTAL BODY TRAINER***. You may use a heart rate strap (not provided with the Total Body Trainer), or you can simply grasp the silver contact heart rate grips.

NOTE: The Heart Rate monitor is not a medical test, nor is it designed as a medical test. It is simply a guide to target heart rate training. Please consult with your physician prior to engaging in any strenuous physical activity.

NOTE: If both the heart rate grips and a heart rate strap (not provided with the Total Body Trainer) are being used, the heart rate grips will override and be displayed in the HR window.

IMPORTANT: The manufacturer does not warrant the heart rate system **performance** on this product, as the heart rate system performance varies, based on a user's physiology, fitness level, age, method of use and other factors. Furthermore, the heart rate system is not for medical use.

CONTACT HEART RATE MONITORING

You may use the heart rate contact grips to automatically check your heart rate while striding. Just follow these steps.

1. Grasp the stainless steel heart rate contact grips; you do not have to squeeze tightly.
   - When the heart rate contact grips are grasped, the will display and an audible “beep” will sound to indicate that a heart rate has been detected.
2. It may take from 30 to 60 seconds for the heart rate system to acquire and display your heart rate.
3. When your heart rate has been acquired, the indicator and your heart rate in beats per minute (BPM) display in the HEART RATE field of the Message Window.
4. Release the Heart Rate grips if you wish to remove your heart rate reading from the display.

CHEST STRAP HEART RATE MONITORING

You may use the heart rate strap to automatically check your heart rate. Just follow these steps:

1. Before beginning your workout, or during a pause, moisten the back of the transmitter on the heart rate strap (not included). Place the strap snugly around your chest with the transmitter resting directly over your sternum.
2. When your heart rate has been acquired, the indicator and your heart rate in beats per minute (BPM) display in the HEART RATE field of the Message Window.
3. Remove the heart rate strap, if you wish to remove your heart rate reading from the display.

NOTE: The performance of the transmitter may be affected by body types, body oils, metal in clothing, and outside electrical interference. Always be sure that the transmitter and skin are in good contact. Avoid operating other electrical equipment near your Total Body Trainer when you use the heart rate strap.

QUICK START

Quick Start lets you begin your workout by simply pressing one key, or by striding for approximately 12 seconds without pressing any key. Quick Start uses a default weight as set in Maintenance Mode (see Chapter 7 for details), a difficulty LEVEL of 1, and a time limit as set in Maintenance Mode. YOU control resistance LEVEL during the entire program.

To operate the Quick Start program:

1. Access the Total Body Trainer, begin striding, and press the QUICK START key.
2. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
3. You can adjust the resistance LEVEL during the program, using either of the following methods.
   - Use the 0•••9 keys to enter a resistance level (from 1 to 20). When the desired level has been entered, press the OK key to confirm the resistance level.
   - Press the ▲ or ▼ key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.

4. **For Elite models only**: If desired, you can use the SelectFit™ feature during the program (see "Using SelectFit™" for details).
5. You can scroll through workout data during the program (see "Viewing Workout Data During a Program" for details).
6. If you wish to pause the program, stop striding. The Total Body Trainer will enter pause mode and display your workout results for one entire cycle.
7. When you have reached your workout goal, the Total Body Trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire. If you wish to skip the Cooldown cycle, press the OK key to view your workout summary.

PRESET PROGRAMS

The ***STAR TRAC E SERIES TOTAL BODY TRAINERS*** offer 8 preset programs to add variety and challenge to your workout, including the advanced TRAINING TOOLS function that provides four cardio-intensive training programs.

Pre-set programs include:

MANUAL — Allows the user to pre-program a time goal and user weight. Resistance is determined by the user during the program.

TOTAL BODY — Three difficulty levels that allow the user to pre-program time goal, user weight and difficulty level which then adjusts resistance and upper body position with SelectFit™. For Pro models, only resistance will vary.

AUTO PILOT — Allows the user to positively increase the level of resistance by increasing sstriding speed (spm's). No keys to press with this one!

RANDOM HILL — 200 varied hill programs that allow the user to pre-program a time goal, user weight and program level (from 1 to 20).

ALPINE PASS — An intense 3-peak hike that allows the user to pre-program a time goal, user weight and program level (from 1 to 20).

TRAINING TOOLS — Our advanced program that offers the user the ability to train in specific HR zones or watt ranges.

NOTE: When entering setup data for any program, if the OK key is not pressed, the system will "auto-advance" through the prompts.

MANUAL PROGRAM

The MANUAL program allows the user to pre-program a time goal and user weight. Resistance is determined by the user during the program.

To operate the MANUAL program:

1. Access the Total Body Trainer, begin striding, and press the MANUAL key.
2. You are prompted to enter your weight. The Total Body Trainer displays a default weight as set in Maintenance Mode. You may enter any weight from 50 to 350 pounds (22 to 159 kg).
   - Use the 0•••9 keys to enter your current weight; or press the ▲ or ▽ key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.
   - When your correct weight has been entered, press the OK key to accept the displayed value.
3. You are prompted to enter a time goal.

   The default time is 20 minutes, or equal to the time parameter set in Maintenance Mode if less than 20 minutes. You may enter any time from 10 to 99 minutes.
   - Use the 0•••9 keys to enter your desired time goal; or press the ▲ or ▽ key, as necessary, to increase or decrease the displayed value in 1 minute increments.
   - When your desired goal has been entered, press the OK key to accept the displayed value.
4. You are prompted to enter a difficulty LEVEL.
   - Use the 0•••9 keys to enter a difficulty level (from 1 to 20) or press the ▲ or ▽ key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.
   - When the desired difficulty LEVEL has been entered, press the OK key to accept the displayed LEVEL.
5. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).

6. If desired, you can use the SelectFit™ feature to alter or remove upper body workout for the program (see “Using SelectFit™” for details).
7. You can adjust the resistance LEVEL during the program, using either of the following methods:
   - Use the 0•••9 keys to enter a resistance level (from 1 to 20). When the desired level has been entered, press the OK key to confirm the resistance level.
   - Press the ▲ or ▼ key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.
8. You can scroll through workout data during the program (see “Viewing Workout Data During a Program” for details).
9. If you wish to pause the program, stop striding. The Total Body Trainer will enter pause mode and display your workout results for one entire cycle.
10. When you have reached your workout goal, the Total Body Trainer enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

TOTAL BODY PROGRAM

The TOTAL BODY program allows the user to select a difficulty level and pre-program a time goal and user weight; the program automatically adjusts resistance during the workout. The SelectFit™ feature is automatically incorporated into the workout, unless the user disengages the upper body feature.

To operate the TOTAL BODY program:

1. Access the Total Body Trainer, begin striding, and press the TOTAL BODY key.
2. You are prompted to select the desired TOTAL BODY program.
   - Press the 1 key to select “Beginner” - small resistance and upper body changes.
   - Press the 2 key to select “Intermediate” - moderate resistance and upper body changes.
   - Press the 3 key to select “Difficult” - aggressive resistance and upper body changes.
3. You are prompted to enter your weight. The Total Body Trainer displays a default weight as set in Maintenance Mode. You may enter any weight from 50 to 350 pounds (22 to 159 kg).
   - Use the 0•••9 keys to enter your current weight; or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.
   - When your correct weight has been entered, press the OK key to accept the displayed value.
4. You are prompted to enter a time goal.

   The default time is 20 minutes, or equal to the time parameter set in Maintenance Mode if less than 20 minutes. You may enter any time from 10 to 99 minutes.
   - Use the 0•••9 keys to enter your desired time goal; or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed value in 1 minute increments.
   - When your desired goal has been entered, press the OK key to accept the displayed value.
5. You are prompted to enter a difficulty LEVEL.
   - Use the 0•••9 keys to enter a difficulty level (from 1 to 20) or press the ▲ or ▼ key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.
   - When the desired difficulty LEVEL has been entered, press the OK key to accept the displayed LEVEL.
6. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).

7. You can adjust the resistance LEVEL during the program, using either of the following methods:
   - Use the 0•••9 keys to enter a resistance level (from 1 to 20). When the desired level has been entered, press the OK key to confirm the resistance level.
   - Press the ▲ or ▼ key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.
8. You can scroll through workout data during the program (see "Viewing Workout Data During a Program" for details).
9. If you wish to pause the program, stop striding. The Total Body Trainer will enter pause mode and display your workout results for one entire cycle.
10. When you have reached your workout goal, the Total Body Trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

AUTO PILOT PROGRAM

The AUTO PILOT program allows the user to increase or decrease the level of resistance by increasing or decreasing striding speed (spm's). No keys to press with this one!

To operate the AUTO PILOT program:

NOTE: The AUTO PILOT program uses a default weight and time as set in Maintenance Mode.

1. Access the Total Body Trainer, begin striding, and press the AUTO PILOT key.
2. If desired, you can use the personal fan during your workout (see "Using the Personal Fan" for details).
3. If desired, you can use the SelectFit™ feature to alter or remove upper body workout for the program (see "Using SelectFit™" for details).
4. You can increase the resistance LEVEL during the program by increasing your striding speed. Decreasing your striding speed will lower the resistance LEVEL.
5. You can scroll through workout data during the program (see "Viewing Workout Data During a Program" for details).
6. If you wish to pause the program, stop striding. The Total Body Trainer will enter pause mode and display your workout results for one entire cycle.
7. When you have reached your workout goal, the Total Body Trainer enters the Cooldown cycle (see "Cooldown Cycle" for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

RANDOM HILL / ALPINE PASS PROGRAMS

The RANDOM HILL program offers 200 varied hill programs that allow the user to pre-program a time goal, user weight and program level (from 1 to 20). The ALPINE PASS program is an intense 3-peak hike that allows the user to pre-program a time goal, user weight and program level (from 1 to 20).

To operate the RANDOM HILL or ALPINE PASS program:

1. Access the Total Body Trainer, begin striding, and press the RANDOM HILL or ALPINE PASS key, as desired.
2. You are prompted to enter your weight. The Total Body Trainer displays a default weight as set in Maintenance Mode. You may enter any weight from 50 to 350 pounds (22 to 159 kg).
   - Use the 0•••9 keys to enter your current weight; or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.
   - When your correct weight has been entered, press the OK key to accept the displayed value.
3. You are prompted to enter a time goal. The Total Body Trainer displays a default time of 20 minutes, or equal to the time parameter set in Maintenance Mode if less than 20 minutes. You may enter any time from 5 to 99 minutes.
   - Use the 0•••9 keys to enter the desired time goal, or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed value in 1 minute increments.
   - When your desired time goal has been entered, press the OK key to accept the displayed value.
4. You are prompted to enter a difficulty LEVEL.
   - Use the 0•••9 keys to enter a difficulty level (from 1 to 20) or press the ▲ or ▼ key, as desired, to increase or decrease the difficulty LEVEL in 1 unit increments.

- When the desired difficulty LEVEL has been entered, press the OK key to accept the displayed LEVEL.

5. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
6. If desired, you can use the SelectFit™ feature to alter or remove upper body workout for the program (see “Using SelectFit™” for details).
7. You can adjust the resistance LEVEL during the program, using either of the following methods:
   - Use the 0•••9 keys to enter a resistance level (from 1 to 20). When the desired level has been entered, press the OK key to confirm the resistance level.
   - Press the ▲ or ▼ key, as desired, to increase or decrease the resistance LEVEL in 1 unit increments.
8. You can scroll through workout data during the program (see “Viewing Workout Data During a Program” for details).
9. If you wish to pause the program, stop striding. The Total Body Trainer will enter pause mode and display your workout results for one entire cycle.
10. When you have reached your workout goal, the Total Body Trainer enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

TRAINING TOOLS PROGRAMS

The TRAINING TOOLS programs include the HEART RATE CONTROL and WATTS CONTROL programs. When using the HEART RATE CONTROL programs, use of a heart rate strap (rather than the heart rate grips) is recommended. (NOTE: Heart rate strap is not included with the Total Body Trainer.)

HEART RATE CONTROL PROGRAMS

TRAINING TOOLS offers both a Dynamic Heart Rate Control program and a Constant Heart Rate Control program.

NOTE: For best results, use a heart rate strap. If user is wearing a heart rate strap, the Total Body Trainer will automatically use the data from the heart rate strap.

To operate the Dynamic Heart Rate Control program:

This heart rate feature is designed to gradually elevate your heart rate to the upper end of your selected training range, then gradually decrease your heart rate to the lower end of your selected training range by dynamically controlling striding resistance. During the workout, this cycle will repeat several times until the time goal is complete, creating an interval training effect that is customized to the user’s desired heart rate training range.

During program setup, there must be at least an 20 BPM difference between the lower heart rate limit and upper heart rate limit to ensure an interval workout.

By including interval exercise in your regular aerobic program, greater effects are noticed. Your heart and muscles will adapt to the increases in demand by utilizing stored calories for energy more effectively. Dynamic Heart Rate Control may potentially result in more calories expended. It will strengthen the heart, provide stress relief and variety to a workout. This program is more effective in training the body to remove excess lactic acid from the muscles.

To calculate your training zone, use the following formulas: (theoretical max HR = 220 - Age)

Heart Rate Training Range Upper Level

_____x 0.75 = _____

Your Theoretical Max — Training Range Upper Limit

Heart Rate Training Range Lower Level

_____x 0.60 = _____

Your Theoretical Max — Training Range Lower Limit

NOTE: Calculating your theoretical maximum heart rate using age is an approximation. For more information, please contact a fitness professional or doctor.

1. Access the Total Body Trainer, begin striding, and press the TRAINING TOOLS key.
2. You are prompted to select the desired TRAINING TOOLS program. Press the 1 key to select a Heart Rate Control program, then press the 1 key when prompted to select Interval Heart Rate Control.
3. You are prompted to enter your weight. The Total Body Trainer displays a default weight as set in Maintenance Mode. You may enter any weight from 50 to 350 pounds (22 to 159 kg).
   - Use the 0•••9 keys to enter your current weight; or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

- When your correct weight has been entered, press the OK key to accept the displayed value.

4. You are prompted to enter a time goal. The Total Body Trainer displays a default time of 20 minutes, or equal to the time parameter set in Maintenance Mode if less than 20 minutes. You may enter any time from 5 to 99 minutes.

   - Use the 0•••9 keys to enter the desired time goal, or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed value in 1 minute increments.

   - When your desired time goal has been entered, press the OK key to accept the displayed value.

5. You are prompted to enter your age.

   - Use the 0•••9 keys to enter your age, or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed value in 1 year increments.

   - When your correct age has been entered, press the OK key to accept the displayed value.

6. You are prompted to enter an upper heart rate limit. The Total Body Trainer displays a default upper heart rate limit that is based on 80% of your theoretical maximum heart rate (220 BPM - age). You may enter any value from 90 to 200 BPM.

   - Use the 0•••9 keys to enter an upper heart rate limit, or press the ▲ or ▼ key, as desired, to increase or decrease the heart rate limit in 1 BPM increments.

   - When the desired upper heart rate limit has been entered, press the OK key to accept the displayed value.

7. You are prompted to enter a lower heart rate limit. The Total Body Trainer displays a default lower heart rate limit that is based on 60% of your theoretical maximum heart rate (220 BPM - age). You may enter any value from 70 BPM to 20 BPM less then the upper heart rate limit set in step 6.

   - Use the 0•••9 keys to enter a lower heart rate limit, or press the ▲ or ▼ key, as desired, to increase or decrease the heart rate limit in 1 BPM increments.

   - When the desired lower heart rate limit has been entered, press the OK key to accept the displayed value.

8. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
9. If desired, you can use the SelectFit™ feature to alter or remove upper body workout for the program (see “Using SelectFit™” for details).
10. You can scroll through workout data during the program (see “Viewing Workout Data During a Program” for details).
11. If you wish to pause the program, stop striding. The Total Body Trainer will enter pause mode and display your workout results for one entire cycle.
12. When you have reached your workout goal, the Total Body Trainer enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

To operate the Constant Heart Rate Control program:

This heart rate feature is designed to maintain your heart rate at a constant level by controlling striding resistance and prompting you to stride at a specified SPM. Please note that your heart rate may vary above and below your target heart rate during this program.

1. Access the Total Body Trainer, begin striding, and press the TRAINING TOOLS key.
2. You are prompted to select the desired Training Tools program. Press the 1 key to select a Heart Rate Control program, then press the 2 key when prompted to select Constant Heart Rate Control.
3. You are prompted to enter your weight. The Total Body Trainer displays a default weight as set in Maintenance Mode. You may enter any weight from 50 to 350 pounds (22 to 159 kg).

   - Use the 0•••9 keys to enter your current weight; or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.

   - When your correct weight has been entered, press the OK key to accept the displayed value.

4. You are prompted to enter a time goal. The Total Body Trainer displays a default time of 20 minutes, or equal to the time parameter set in Maintenance Mode if less than 20 minutes. You may enter any time from 5 to 99 minutes.

   - Use the 0•••9 keys to enter the desired time goal, or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed value in 1 minute increments.

   - When your desired time goal has been entered, press the OK key to accept the displayed value.

5. You are prompted to enter your age.
   - Use the 0•••9 keys to enter your age, or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed value in 1 year increments.
   - When your correct age has been entered, press the OK key to accept the displayed value.
6. You are prompted to enter a target heart rate. The Total Body Trainer displays a default target heart rate that is based on 70% of your theoretical maximum heart rate (220 BPM - age). You may enter any value from 70 to 200 BPM.
   - Use the 0•••9 keys to enter your target heart rate, or press the ▲ or ▼ key, as desired, to increase or decrease the target heart rate in 1 BPM increments.
   - When the desired target heart rate has been entered, press the OK key to accept the displayed value.
7. If desired, you can use the personal fan during your workout (see “Using the Personal Fan” for details).
8. If desired, you can use the SelectFit™ feature to alter or remove upper body workout for the program (see “Using SelectFit™” for details).
9. You can scroll through workout data during the program (see “Viewing Workout Data During a Program” for details).
10. If you wish to pause the program, stop striding. The Total Body Trainer will enter pause mode and display your workout results for one entire cycle.
11. When you have reached your workout goal, the Total Body Trainer enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

CONSTANT WATTS PROGRAM

TRAINING TOOLS offers a Constant Watts program. Watts are a measurement of workload that are dependant upon the resistance of the Total Body Trainer and the user’s SPM.

To operate the Constant Watts program:

This feature is designed to maintain your watts expenditure at a constant level by controlling striding resistance and prompting you to stride at a specified SPM. Please note that your watts level may vary above and below your target watts level during this program.

1. Access the Total Body Trainer, begin striding, and press the TRAINING TOOLS key.
2. You are prompted to select the desired TRAINING TOOLS program. Press the 2 key to select the Constant Watts program.
3. You are prompted to enter your weight. The Total Body Trainer displays a default weight as set in Maintenance Mode. You may enter any weight from 50 to 350 pounds (22 to 159 kg).
   - Use the 0•••9 keys to enter your current weight; or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed weight in 1 pound (or 1 kg) increments.
   - When your correct weight has been entered, press the OK key to accept the displayed value.
4. You are prompted to enter a time goal. The Total Body Trainer displays a default time of 20 minutes, or equal to the time parameter set in Maintenance Mode if less than 20 minutes. You may enter any time from 5 to 99 minutes.
   - Use the 0•••9 keys to enter the desired time goal, or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed value in 1 minute increments.
   - When your desired time goal has been entered, press the OK key to accept the displayed value.
5. You are prompted to enter your age.
   - Use the 0•••9 keys to enter your age, or press the ▲ or ▼ key, as necessary, to increase or decrease the displayed value in 1 year increments.
   - When your correct age has been entered, press the OK key to accept the displayed value.
6. You are prompted to enter a watts rate. The Total Body Trainer displays a default wattage based on your entered age. You may enter any value from 50 to 600 watts.
   - Use the 0•••9 keys to enter your target watts rate, or press the ▲ or ▼ key, as desired, to increase or decrease the target watts rate in 1 watt increments.
   - When the desired target watts rate has been entered, press the OK key to accept the displayed value.

7. If desired, you can use the personal cooling fan during your workout (see “Using the Cooling Fan” for details).
8. If desired, you can use the SelectFit™ feature to alter or remove upper body workout for the program (see “Using SelectFit™” for details).
9. You can scroll through workout data during the program (see "Viewing Workout Data During a Program” for details).
10. If you wish to pause the program, stop striding. The Total Body Trainer will enter pause mode and display your workout results for one entire cycle.
11. When you have reached your workout goal, the Total Body Trainer enters the Cooldown cycle (see “Cooldown Cycle” for details). If you wish to exit the program before you have reached your workout goal, stop striding and allow the Pause timer to expire.

PREVENTATIVE MAINTENANCE

With durable, high performance components, ***STAR TRAC Total Body Trainers*** are designed for heavy usage with minimal maintenance required. To keep your Total Body Trainer in top condition, Star Trac strongly recommends performing the regular daily, weekly and monthly preventive maintenance routines outlined below. Any unusual symptoms, such as a loud continuous noise during operation, should be reported to **STAR TRAC PRODUCT SUPPORT DEPARTMENT** at (800) 503-1221, or USA 1-714-669-1660.

DAILY MAINTENANCE

- Remove excessive accumulations of dust, dirt, and other substances by using a clean, soft cloth and a non-abrasive liquid cleaner, such as Formula 409™ or FANTASTIK™. Wipe down the exterior of the display panel, upper body arms, pedals, shrouds and heart rate grips.

  NOTE: DO NOT spray the cleaner directly onto the Display Panel or heart rate grips.

WEEKLY MAINTENANCE

Perform the following services each week:

- Vacuum the floor under and around the Total Body Trainer. Move the Total Body Trainer to another spot, if necessary, to vacuum thoroughly.
- Inspect the Display Panel mounting screws for security, and retighten if necessary.
- Inspect the Display Panel keypads for wear.

MONTHLY MAINTENANCE

Perform the following services each month, or as needed:

- Check that the pedals and shrouds are secure.
- Check the upper body arms for looseness. Tighten screws as necessary.
- Check for smooth and quiet operation of all moving parts.

MANAGER / MAINTENANCE MODE

After using your ***STAR TRAC E SERIES TOTAL BODY TRAINERS*** for a period of time, you may wish to change some of its settings.

MANAGER MODE

The Manager Mode allow you to query and modify the basic settings of your Total Body Trainer. To enter Manager Mode:

1. Press and *hold* the 0, 1 and OK keys together.
2. A beep will sound and "MANAGER MODE" will display momentarily in the Message Window.
3. Release all keys. "SERIAL NO #####" will display in the Message Window.

NOTE: The system will automatically exit Manager Mode if no key is pressed for 30 seconds.

The following keys are used to modify settings in MANAGER MODE:

Upper and Lower Data Information Window SCROLL Keys: Display the next and previous parameters, respectively.

Increase and Decrease LEVEL Keys: Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit . These keys *do not* save the new value - see **OK Key** below.

OK Key: Updates (saves) the values of all parameters in Flash memory, and exits Manager Mode.

NOTE: To exit Manager Mode without saving any values or settings, press the QUICK START key.

The items that you may display and change with the previous keys are:

Item	Lowest Value	Highest Value	Default Value	Meaning
Serial No	0	65535	0	Serial number (set by factory)
Date	01/00	12/99	01/05	Manufacture date for the Total Body Trainer (set by factory)
Display Vers 1	01.00	99.99	N/A	Display panel software version (set by factory)
Display Vers 2	01.00	99.99	N/A	Display panel software version (set by factory)
LCB Vers	01.00	99.99	N/A	Display panel software version (set by factory)
Units	English	Metric	English	English = units of pounds, miles, feet, inches; Metric = units of kilograms, kilometers, centimeters.
Time	5	99	99	Maximum time in minutes allowed for program, excluding warm-up and cool-down.
Weight	50 (Lb) 22 (KG)	350 (Lb) 158 (KG)	350 lbs 158 (KG)	Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).
Language	N/A	N/A	ENGL	Language is English (ENGL), Dutch (DUTC), French (FREN), German (GERM), Portuguese (PORT), Spanish (SPAN), Swedish (SWED), Italian (ITAL) or Katakana (KATA).

MAINTENANCE MODE

Your Service Representative may need to check accumulated data about the past usage of your ***STAR TRAC E SERIES TOTAL BODY TRAINER***, test its display controls, or investigate error messages. For these reasons, your Total Body Trainer is equipped with a Maintenance Mode. The Maintenance Mode includes all of the items available through Manager Mode, plus additional items for Service and Diagnostic use. To enter Maintenance Mode:

1. Press and *hold* the 0, 2 and OK keys together.
2. A beep will sound and "MAINTENANCE MODE" will display momentarily in the Message Window.
3. Release all keys. "SERIAL NO #####" will display in the Message Window.

The following keys are available in MAINTENANCE MODE:

Upper and Lower Data Information Window Scroll Keys: Display the next and previous parameters, respectively. Keys will repeat if held.

Increase and Decrease Level Keys: Adjust the value of the displayed parameter up and down, respectively, in increments of 1 unit . These keys *do not* save the new value - see **OK Key** below.

OK Key: Updates (saves) the values of all parameters in Flash memory, and exits Maintenance Mode.

NOTE: To exit Maintenance Mode without saving any values or settings, press the Quick Start key.

The items that you may display and change with the previous keys are:

Item	Lowest Value	Highest Value	Default Value	Meaning
Serial No	0	65535	0	Serial number (set by factory)
Date	01/00	12/99	01/05	Manufacture date for the Total Body Trainer (set by factory)
Display Vers 1	01.00	99.99	N/A	Display panel software version (set by factory)
Display Vers 2	01.00	99.99	N/A	Display panel software version (set by factory)
LCB Vers	01.00	99.99	N/A	Load Control Board software version (set by factory)
Units	English	Metric	English	English = units of pounds, miles, feet, inches; Metric = units of kilograms, kilometers, centimeters.
Time	5	99	99	Maximum time in minutes allowed for program, excluding warm-up and cool-down.
Weight	50 (Lb) 22 (KG)	350 (Lb) 158 (KG)	350 lbs 158 (KG)	Default (to user), typical weight in lb (UNITS=English), or kg (UNITS=Metric).
Language	N/A	N/A	ENGL	Language is English (ENGL), Dutch (DUTC), French (FREN), German (GERM), Portuguese (PORT), Spanish (SPAN), Swedish (SWED), Italian (ITAL) or Katakana (KATA).
Model	N/A	N/A	PB-UB	E-UB = E SERIES - Upright E-RB = E SERIES - Recumbent E-TBT = E SERIES TOTAL BODY TRAINER STEPPER = Pro Stepper
LCB TYPE	N/A	N/A	VERI	Type of LCB detected by display.
CSAFE	N/A	N/A	OFF	Turns on/off CSAFE functionality.
PVS	N/A	N/A	ATSC	ATSC/NTSC or PAL/SECAM, RF signal.
Wall Power	N/A	N/A	OFF	Turns the wall power setting on/off.
AUTO FAN	OFF	ON	ON	Turns fan on 1 minute into the program.
OPER Hours	0	65535	0	Total operating hours.
Quick Start	0	65535	0	Number of times the Quick Start program was run since last reset.
Manual	0	65535	0	Number of times the Manual Program was run since last reset.
TB Begin	0	65335	0	Number of times the Total Body - Beginner program was run since last reset.
TB Inter	0	65335	0	Number of times the Total Body - Intermediate program was run since last reset.
TB Diff	0	65335	0	Number of times the Total Body - Difficult program was run since last reset.
Auto Pilot	0	65535	0	Number of times the Auto Pilot Program was run since last reset.
IHR Prog	0	65535	0	Number of times the Interval Heart Rate Control Program was run since last reset.
CHR Prog	0	65535	0	Number of times the Constant Heart Rate Control Program was run since last reset.

Item	Lowest Value	Highest Value	Default Value	Meaning
CW Prog	0	65535	0	Number of times the Continuous Watts Program was run since last reset.
Alpine	0	65535	0	Number of times the Alpine Pass Program was run since last reset.
Rndm Prog	0	65535	0	Number of times the Random Hill Program was run since last reset.
UB Revs	0	65335	0	Number of times the upper body system completed a full revolution.
Comm Lost	0	65535	0	Number of times a “Communication Lost” condition occurred since last reset.
Key Down	0	65535	0	Number of times a “Key Down” condition occurred since last reset.
BATT LOW	0	65535	0	Number of times battery voltage measured between 5.3 and 5.7 volts.
REPL BATT	0	65535	0	Number of times battery voltage measured below 5.3 volts.
LED Test	N/A	N/A	N/A	Access to integral LED test function (for use by authorized Maintenance Technician).
Keypad Test	N/A	N/A	N/A	Access to integral keypad test function (for use by authorized Maintenance Technician).
Heart Rate Test	N/A	N/A	N/A	Access to integral heart rate system test function (for use by authorized Maintenance Technician).
FAN TEST	N/A	N/A	N/A	Access to integral FAN TEST function(for use by authorized Maintenance Technician)
CSAFE TEST	N/A	N/A	N/A	Access to integral CSAFE TEST function (for use by authorized Maintenance Technician)
Measurements	N/A	N/A	N/A	Access to integral Measurements function (for use by authorized Maintenance Technician).
UB CALIBRATION	N/A	N/A	N/A	Access to integral Upper Body system calibration function (for use by author ized Maintenance Technician).

TROUBLESHOOTING

STAR TRAC E SERIES TOTAL BODY TRAINERS perform a self-test at the beginning of every workout. If a problem is detected, a message displays before or after the workout, depending on the nature of the problem. Star Trac recommends that you refer your questions about your ***STAR TRAC E SERIES TOTAL BODY TRAINER*** operation and suspected malfunctions to Star Trac’s Service Hotline at (800) 503-1221, or USA 1-714-669-1660.

SERVICE MESSAGES

The following messages are displayed if the associated problem is detected during self-test.

- **Key Down** - One or more keys on the display panel are stuck in the “on” position. This can occur if a user presses keys before the system is turned on, or if a key is held down for more than 10 seconds. Call Star Trac Product Support for assistance if the **Key Down** message continues to display.

REGULATORY INFORMATION

This section provides regulatory and safety information pertaining to the ***STAR TRAC E SERIES TOTAL BODY TRAINERS***.

FCC AND OTHER DOMESTIC REGULATIONS

The Total Body Trainers have been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of FCC rules. Under FCC guidelines, operation is subject to the following two guidelines: (1) This device may not cause harmful interference, and (2) this device must accept any interference received, including interference that may cause undesired operation.

The Total Body Trainers generate and use radio frequency energy. If the product is not installed and used in accordance with the instructions provided in the owner's manual, interference with radio communications may occur. Likewise, if unapproved accessories are installed, interference with radio communications may occur. The intent of the FCC class A limit is to provide reasonable protection against harmful interference in a residential installation. However, there is no guarantee that interference may not occur in a specific installation. In the event that interference is experienced, turn off the unit to verify that it is the source. If the interference clears with the unit off, then try each of the following measures and combinations thereof:

- Reorient or relocate the Total Body Trainer.
- Reorient or relocate the receiving antenna for your television, radio or VCR.
- If using the wall outlet option, connect the unit to a different power outlet.
- Contact Star Trac Product Support, your authorized dealer, or a qualified radio/television technician for help.

This product has also been tested to meet the following standards:

- UL 1647 (1997) Motor Operated Massage and Exercise Machines

CANADIAN DOC AND OTHER REGULATIONS

This class B digital apparatus meets all requirements of the Canadian Interference Causing Equipment Regulations.

This product has also been tested to meet the following standards:

- CSA C22.2 No 0-M91 General Requirements
- CSA C22.2 No. 68-92 Motor Operated Appliances

EUROPEAN APPLICATIONS

This product has been tested to the following standards:

- EN 60335-1:1995 Safety of household and similar electrical applicances Part 1: General requirements
- EN 61000-6-1:2001 EMC Generic standards - Immunity for residential, commercial and light-industrial environments
- EN 61000-6-3:2001 EMC Generic standards - Emissions standard for residential, commercial and light-industrial environments
- EN 957-1 Safety of Machinery

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